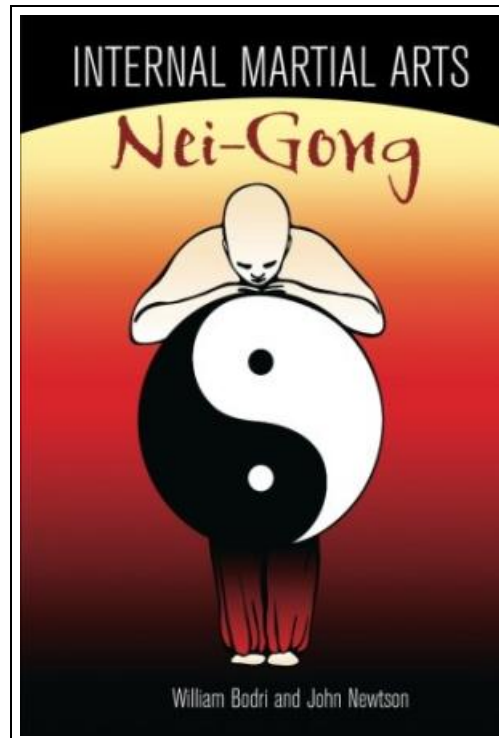


## Internal Martial Arts Nei-Gong: Cultivating Your Inner Energy to Raise Your Martial Arts to the Next Level



Filesize: 8.05 MB

### **Reviews**

*This written publication is fantastic. This can be for anyone who statte that there had not been a well worth reading through. I realized this pdf from my i and dad recommended this publication to discover.*  
*(Maye Schoen)*

## INTERNAL MARTIAL ARTS NEI-GONG: CULTIVATING YOUR INNER ENERGY TO RAISE YOUR MARTIAL ARTS TO THE NEXT LEVEL

[DOWNLOAD PDF](#)

Top Shape Publishing, LLC. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. In many old martial arts films you often see a master capable of extraordinary supernatural feats such as being able to move with the speed of wind, throw incredibly heavy objects, destroy them with a strike, stride over water, or even fly through the air. Are such things possible? The Chinese Taoists say yes if the master practiced special exercises to cultivate their inner energy, or yang chi (qi). These practices to cultivate inner power are called nei-gong, or the internal martial arts, and are related to the mastery of the kundalini energies cited in Indian yogic and Buddhist literature, which also explains the various superpowers that become possible with its cultivation. Many people today want to be able to attain such supernatural skills, or they simply want to understand why and how these skills were cultivated so they might be duplicated as best possible. Some practitioners of Tai Chi Chuan, Hsing-Yi, Ba Gua Zhang, Five Animals, Aikido, Karate, Judo, Northern Shaolin, and other Kung Fu Wushu traditions have alternatively damaged their bodies from their practice, or have reached a training plateau, and want some sure methods to break their current limits and bring their martial arts skills to the next level. This book explains the major practices on how to properly cultivate nei-gong safely to achieve all these objectives. The information provided, because of its advanced nature, was usually considered the high secrets of martial arts lineages made available only to the top students who also practiced breathing methods and meditation. It explains how to cultivate the mythical martial arts through the initial practice of qi-gong, and then inner nei-gong exercises involving anapana, pranayama, one-pointed visualization, kasina meditations, and sexual cultivation. It provides...

[Read Internal Martial Arts Nei-Gong: Cultivating Your Inner Energy to Raise Your Martial Arts to the Next Level Online](#)[Download PDF Internal Martial Arts Nei-Gong: Cultivating Your Inner Energy to Raise Your Martial Arts to the Next Level](#)

## Other Books

---



### Scholastic Discover More Animal Babies

Scholastic Reference. Hardcover. Book Condition: New. Hardcover. 32 pages. Dimensions: 9.1in. x 7.6in. x 0.5in.Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the...

[Read Book](#)

»

---



### Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Read Book](#)

»

---



### Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Still finding it getting your way around your Kindle Fire Wish you had...

[Read Book](#)

»

---



### The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in.Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we...

[Read Book](#)

»

---



### Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide...

[Read Book](#)

»